



- 1** 51 James Ave Pantry: take what you need, leave what you can.
- 2** Heineberg Senior Center, 14 Heineberg Rd. VT Food Bank gleaned produce from local farms, Jul - Nov, Thursdays 10-11AM. Free produce and pantry items Sat & Sun, 9am - 11am. All welcome.
- 3** Intervale veggies, Kieslich Park, 311 North Ave. Gleaned produce from local farms, Jul - Nov, Tues 3:30-5:30PM.
- 4** 197 North Ave Pantry: take what you need, leave what you can.
- 5** ONE Freedge, Manhattan Dr and Lafountain St. @o.n.e.\_freedge
- 6** COTS daystation, 95 North Avenue, Free meals at lunch; space is open 9am-5pm, Monday-Sunday year round.
- 7** Sara M Holbrook Community Center, 66 North Avenue. Veggies + pantry items M-F, 8am-4pm. Free veggies from VT Foodbank, Wednesdays July - Nov 3:15-4:15pm.
- 8** 24 Front St Pantry: take what you need, leave what you can.
- 9** Salvation Army meal distribution, 64 Main St. Free meals Mon, Wed-Sat 5-6pm. Free Pantry Mo/Wed/Thu 10a-2p; Fri 11a-2p, back door by parking lot. Closed Holidays.
- 10** Decker Towers, 230 St. Paul Street. VT Food Bank free gleaned produce from local farms, Jul - Nov, Fridays 10:30-11:30AM
- 11** 399 S Winooski Ave Pantry: take what you need, leave what you can.
- 12** South Meadows Peoples Farmstand, South Meadow Drive + Baird Street, Fridays 7-8pm, free local vegetables, June 9 - Nov 3. People's Kitchen free meals and pantry items Fri 7-8pm year-round.
- 13** Food Not Cops Lunch: prepared meals at parking garage on Cherry Street, across from Walgreens. 1-2PM, open holidays.
- 14** The Peoples Fridge, 32 Hungerford Terrace. Produce and other food available 24/7.
- 15** Spectrum Youth and Family Services, 177 Pearl Street, Mon - Fri, lunch at 12pm; dinner at 5pm, for youth 14-24. Breakfast 10a-12p.
- 16** 125 Elmwood Ave Pantry: take what you need, leave what you can. @lbhpantry
- 17** The Family Room Garden, 20 Allen Street. VT Food Bank free distribution of gleaned produce from local farms, Jul - Nov, Thursdays 10-11AM.
- 18** South Burlington Food Shelf, 356 Dorset Street, South Burlington residents only. Thurs 4-6PM Fri 8-10AM Saturdays 8-10AM.
- 19** Boys & Girls Club, 62 Oak Street. VT Food Bank free veggies, Jul - Nov, Weds 4:30-5:30PM.
- 20** 342 N Winooski Ave Pantry: take what you need, leave what you can.
- 21** Feeding Chittenden, 228 North Winooski Avenue. Free groceries, 9a-4p Mon-Fri. Free hot meals, Mon-Fri 9a-12p, Grab n go meals 9a-2:30p. Closed holidays.
- 22** Here to Help free lunch, 21 Buell St, third Saturday of the month, 11:30a-1:30p.
- 23** Vivid Coffee free dinner, 150 Cherry St, third Saturday of the month, 5:30-6:30p, arrive early.

- 25** Fair Share CSA, 180 Intervale Road. Free vegetables July 3-Nov 7 on Mondays, 3:30-6:30pm. Email hannah@intervale.org or call 802-660-0440 ext .120 to sign up.
- 26** Pomeroy Park People's Farmstand, North Street betw Booth + School Sts, 5-6:30pm  
Fridays, free local veggies, June 9 - Nov 3.
- 27** 235 Loomis St Pantry: take what you need, leave what you can.
- 29** Intervale veggies, 32 Mallets Bay Avenue. Gleaned produce from local farms, Jul 3 - Nov 7, Wednesdays 4-6PM. Dec-June in O'Brien Center, first Wednesday, 3:30-5:30pm.
- 30** Winooski Food Shelf, 24 West Allen Street. Open every second and fourth Wednesday of the month 2-4PM and every second and fourth Saturday of the month 9:30-11AM.

# Free food in Burlington

All are welcome - come eat!

Print map updated April 2023; online map regularly updated, including free food beyond Burlington, at [tinyurl.com/FreeFoodBTV](https://tinyurl.com/FreeFoodBTV)